

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktit reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktit reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

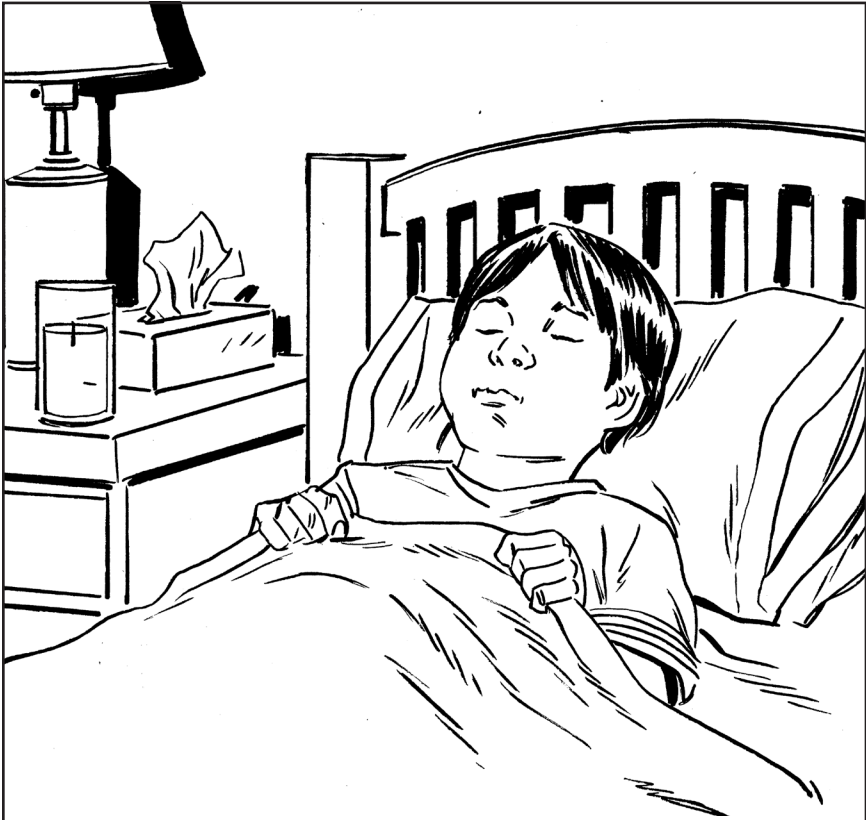
Book details

Level: 10

Text Type: Non-fiction

Subject/themes: Symptoms of illness, going to the doctor, how and when to take medicine, traditional medicine

Key features: Glossary, instructions for following a prescription



Being sick is no fun. You might have **symptoms** like a stuffed-up nose, a sore throat, or an upset stomach.

When you are sick, you might have to stay in bed or even go to a clinic or hospital.

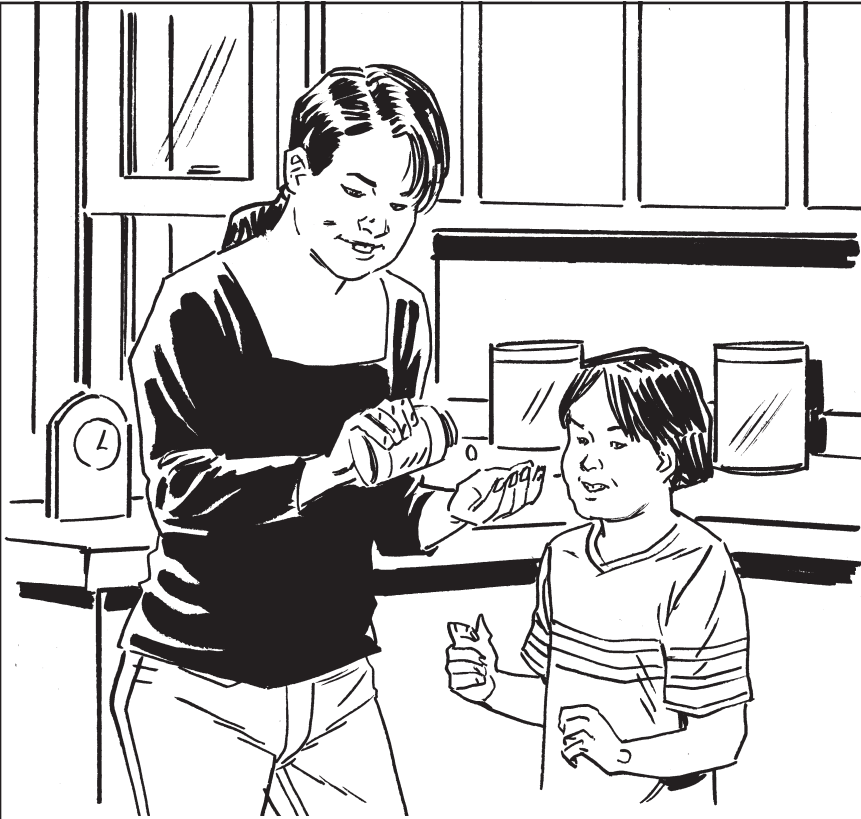


A parent, nurse, or doctor might give you **medicine** to help you feel better.

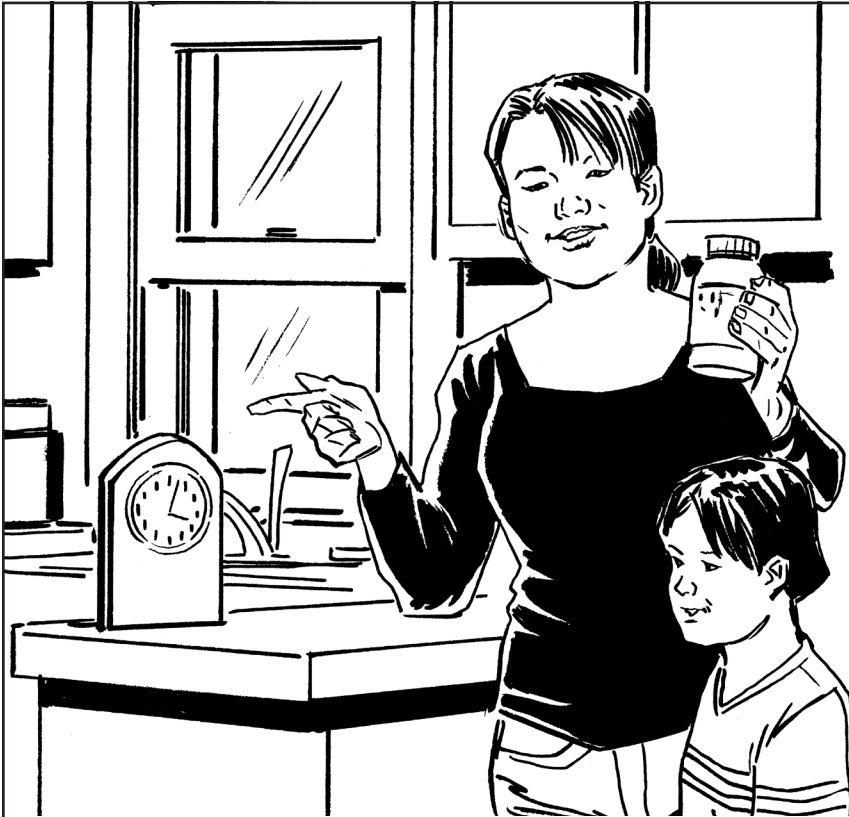
Different medicines are for different illnesses. Medicine comes in pills, syrups, creams, and needles.



Medicines can be good for you because they can help you get better when you are sick. But medicines are also **drugs**, so they must be taken carefully. Drugs are dangerous and harmful to your body. If medicines are not taken properly, they can harm your body.

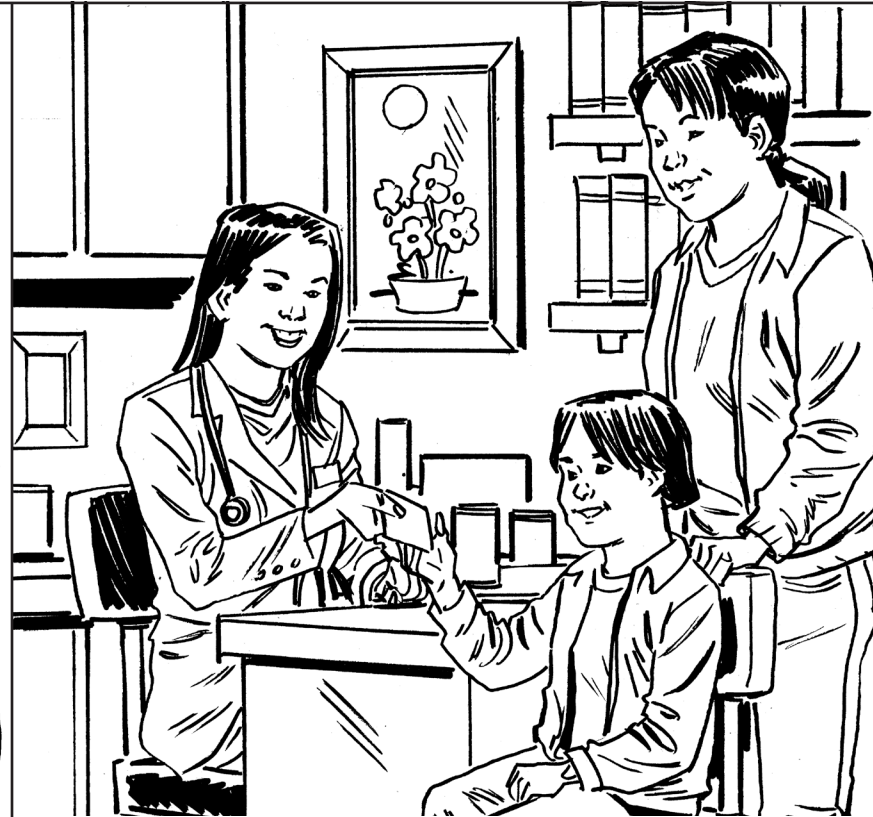


It is important to know when medicines are safe to take and when they are dangerous. Because medicines are drugs, they change how your body does something. They are only safe to take with the help of a trusted adult.



Always follow the directions to take medicines properly. That means taking the right amount of medicine for your age at the right time.

Medicines can hurt you if you take too much or if you take medicine when you are not sick.



When you are very sick, a doctor or nurse might write a **prescription** for very strong medicine.

A prescription is written by a nurse or a doctor saying that it is okay for you to take that medicine, how much of the medicine you should take every day, and the length of time that you should taken the medicine for.



A trusted adult will help you take traditional medicine. Traditional medicine comes from plants. For example, tea made from dwarf fireweed helps with upset stomachs.

Only take traditional medicine when you are sick, and only with the help of a trusted adult.



Medicines can be good for you because they help when you are sick. If you do not take them properly, they can be bad for you.

You do not have to be afraid of medicines, but you do have to follow the directions with the help of an adult. That way medicines will help you get better!

Glossary

drug: something that changes the way your body works.

medicine: a substance used to help your body to get better and overcome sickness.

prescription: permission from a doctor or nurse to take a certain medicine.

symptoms: things that suggest you are ill.

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